

OTHER NOTICES

Feldenkrais, M. *Body and Mature Behaviour. A Study of Anxiety, Sex, Gravitation and Learning.* London, 1949. Routledge & Kegan Paul. Pp. 167. Price 12s. 6d.

"To every emotional state corresponds a personal conditioned pattern of muscular contraction without which it has no existence." This is the author's thesis; an unexceptionable thesis stated clearly and developed and exemplified, in the main, with sense and skill. "All perception and sensation takes place on a background of muscular activity. And though we are unaware of it this activity is most strictly shaped by gravity. . . . A change in tonus distribution pattern of some muscles, at least, takes place with every sensory experience." Behaviour is indivisible; peace of mind exists only together with peace of body.

Mr. Feldenkrais lays great stress on the immaturity at birth of the human as compared to other animals and infers from this, perhaps to an over-generous degree, that environmental pressures and cultural patterns decide the habits of the child, and thus, later, the man. Amongst such habits is the postural bearing and the habitual tension of the muscles, with the habitual, though subconscious, pattern of proprioceptive representation in the brain. And our muscular habits, such as our culture, are often bad habits; bad in the sense of mechanically inefficient, or aesthetically undeveloped, or in being actually those which occur in states of anxiety or in child-threatening situations, thus perpetuating in the adult by a conditioned and circular mechanism feelings of disquietude and fear. But because habitual modes of reaction gradually come to be thought the correct, or at least the only possible ones, we remain unaware of our inefficiencies unless they become startling enough to be named in the medical text-books. (One could, of course, say the same for emotional and intellectual habits; we do not become set only in our muscular ways.) Against this situation Mr. Feldenkrais claims that muscular re-education, properly carried out, can be effective. The essential of the method is the gradual rebuilding of patterns of proprioceptive sensation, starting from the completely relaxed state; this time efficient movements are taught, and association developed between proprioceptors and cortex so that the subject becomes conscious, perhaps for the first time, of where his limbs are and what his muscles are doing. The process is analogous, perhaps, to the refashioning of emotional experience occurring during psycho-analytic treatment.

Those acquainted with the doctrines, as apart solely from the claims, of Matthias Alexander will recognize his influence here, or at least a parallel spirit. So that it should be said, emphatically, that the present book is a far more sensible and

restrained statement of these matters than any of Alexander's that I am acquainted with, and is very welcome for that reason. It is the more pity that sometimes the author seems not quite aware for whom he is writing. Chapter 2, for instance, is only comprehensible to those to whom such words as facilitation, dendrites, chronaxie, extrapyramidal fibres and such-like are familiar. Admittedly there is a glossary, but its usefulness is not unfairly exemplified by the entry "Vagus, the pneumogastric nerve." The reader with only a smattering of biology will find most of the remainder of the book easier going and should not be put off; he should be warned, however, that some of the things presented here as physiological fact are no more than still-disputed theory. The biologist will probably find most satisfaction in the chapters on "Erect Posture and Action" and "Tonic Adjustment," which deal in some detail with the principles on which the author founds his conception of correct carriage, and "Muscular Habit and the Sexual Act," wherein coition is analysed as an example of an act which if malperformed (for whatever reason) has definite physical and psychological effects. For a general development of this field a more inclusive approach would be necessary; visceral sensations must take at least as important a place as somatic; the effects of plain muscular movement and the more complex re-education of psychodrama, pioneered in this country by Maxwell Jones, must be considered; and the relation of muscular re-education to training in ballet, the usual type of physical training, and outdoor games, too, must be elucidated. Mr. Feldenkrais has sensibly refrained (but one hopes only for the present) from tackling the whole mass; his present book is short, reasonably concise and excellently written.

J. M. TANNER.

Ward Cutler, D. *Evolution, Heredity and Variation.* Revised by S. R. B. Pask. London, 1949. Christophers. Pp. 139 + Bibliography and Index. Price not stated.

IN his revision of this old friend (which was first published in 1925) Mr. Pask has taken care to reduce alterations of the original to a minimum. Being intended as an elementary introduction rather than a text-book for the advanced student, it makes no attempt to deal fully with all the developments of the last quarter-century; but modern advances in the theory of mitosis, meiosis and crossing-over have received the attention necessary to bring the book up to date.

It can hardly be said that the explanation of these processes makes them easy for the reader to whom they are not already familiar; the connection between the diagrams and the letterpress leaves too

much to chance, and their separation on distant pages from each other is an obstacle to studying them together. There are errors also in the graph (p. 116) of frequency-distribution of human stature.

A very valuable feature is the historical introduction, setting the work of Darwin and Wallace into its proper background and bringing home to the modern student the insufficiently realized idea that our beliefs about evolution have themselves, no less than organisms, been subject to evolution.

The treatment of "Acquired Characters" deserves mention as a model of conviction without dogmatism. Their inheritance is nowhere specifically denied; but the author gives good reasons for distrusting the evidence which has been adduced in its favour, and indicates how the mechanism of heredity, so far as it has been explored, points away from Lamarck's to Weismann's theory, of the continuity of the germ-cell and its independence of the somatic.

Though there is but little direct reference to eugenics, the foundations of eugenic faith may well be reinforced by this concise and readable outline.

W. HOPE-JONES.

Schwab, George. Edited, with additional material, by George W. Harley. *Tribes of the Liberian Hinterland*. Cambridge, Massachusetts, 1947. Papers of the Peabody Museum of American Archaeology and Ethnology, Harvard University, Vol. XXXI. Pp. xix + 526. \$7.50 paper, \$10.00 cloth.

PROFESSOR EARNEST A. HOOTON, in an amusing foreword to this vast monograph on the little-known tribes of Northern and South-Eastern Liberia, describes the author as a "top-drawer amateur anthropologist," who for nearly fifty years was a missionary in the Cameroun. Mr. Schwab has been associated with the Peabody Museum for more than thirty years as a collector and field investigator, and in 1928 he and his wife were invited to undertake an expedition to Liberia "to determine what elements in the tribal cultures should be fostered and developed, to study the various problems of readjustment necessary for life under the new conditions (brought about by commercial expansion, plantation development, Government improvements, missions and, not least, the building of motor roads), and to appraise the mission work among the tribes observed." This frame of reference might easily be considered ambitious and formidable for any anthropologist, whether professional or amateur, regardless of his position in the anthropological chest-of-drawers.

This large and impressive volume presents the ethnographic data collected by the expedition during about six months of actual field-work in Liberia. Of this time (as is pointed out in the "Calendar of the Expedition" with commendable exactitude and a scrupulous honesty that might be

more widely emulated) a total of 167 days was spent in the interior; 92 of them in travel, and 75 among the various native peoples, especially the Gbunde or Buzi, Loma or Toma, Mano, Ge and Gio, and the Grebo and "Half Grebo." That such a mass of information could be collected in such a brief period of field-work reflects great credit on the author, who is obviously an extremely energetic and experienced observer of native character, customs, arts and industries. One wonders, however, whether much value can be attached to the accuracy of the information obtained, particularly with regard to such abstract matters as religion (seventy-eight pages, divided between "The Cults" and "Metaphysical Concepts," are given to religion) in view of the fact that less than a week seems to have been spent amongst some of the nine tribes dealt with in this report.

It should, however, be noted in this connection that much of the material was collected previously by the editor and co-author, Dr. George W. Harley, who spent twenty-one years as a medical missionary in Northern Liberia, and whose intimate knowledge of the tribes covered in this volume equipped him well for the task of editing, revising and supplementing the data collected by Mr. Schwab. A considerable proportion of the credit for this valuable source-book should, no doubt, go to Dr. Harley.

This detailed survey is well presented and has an unusually complete list of contents, covering five pages. It has many resemblances to a district gazetteer, covering an area of some interesting tribes that have hitherto escaped the attentions of Africanists, and of whom our knowledge has consequently been vague and fragmentary. The sections devoted to material culture and handicrafts, agriculture, fishing, hunting and trapping, food, dress and recreation, are notably complete and contain a wealth of sound factual information. Those on social organization, religion and law are less useful and admittedly incomplete, though containing much information, hitherto unknown from this area, on the age-set system, secret societies and their function in social control, and the religious cults generally. Kinship receives scant treatment, and relationship terminologies are altogether ignored.

The main defects of this monograph appear to be those inherent in any attack on such a broad front. The task the author and editor have set themselves is so formidable and extensive that depth of penetration at any particular point cannot be expected to be very great. The volume is obviously intended as a broad survey of a wide area and, as such, it has been skilfully conceived and presented, and well deserves high praise. The author and editor, however, sometimes display a disappointing lack of familiarity with the anthropological approach and tend to confuse terms such as "clan" and "family," which are used much too freely without being clearly defined. The somewhat

condescending attitude of the missionary breaks through at times and causes an all-too-apparent ethnocentric bias which forms a recurrent weakness and is unfortunate in that it mars an otherwise excellent presentation of valuable data.

To the social anthropologist concerned with the detailed structural analysis of any of the nine tribes dealt with in this volume, as well as to the more general reader attracted by what is in many respects one of the most interesting areas of Africa, this massive monograph offers a wealth of useful information on a wide variety of subjects and an admirable set of maps and pictures. It is to be hoped that it will serve to stimulate anthropological interest in the Liberian hinterland and provide the springboard for more intensive studies of the tribes of this area.

K. C. R.

Radzinowicz, L., and Turner, J. W. C. (Eds.).
The Journal of Criminal Science. Vol. II.
A Symposium on the Criminal Justice Act,
1948. London, 1950. MacMillan & Co., Ltd.
Pp. 217. 18s.

In founding *The Journal of Criminal Science* the editors have encouraged a type of contribution which must be acceptable to a wide public. The first two volumes have contained articles devoted mainly to the spirit of the law and the social pressures which cause it to be changed with the times. The second volume is mainly devoted to a symposium on the Criminal Justice Act of 1948.

The law must necessarily give expression in arrears to the trend of public opinion and the reformer must traditionally wait until his case is overwhelming before he is rewarded by a change in the statutes. Many methods of dealing with offenders such as conditional discharge, short periods of punitive detention for juveniles or admission to a mental hospital have in recent years been applied by means of interpretations of the statutes foreign to their original purpose and by the use of voluntary organizations. The Act of 1948 has effected a general tidying-up of criminal procedure which was long overdue. For the most part the contributors to this symposium are enlightened reformers exulting in this new step forward and the opportunities which it gives for future development. The articles on probation, after-care and on the Borstal system are representative of this spirit, although in the latter Miss Margery Fry points out that the child committed to an approved school for care and protection might still after a series of abscondings, if Borstal training was found to be unsuccessful, find himself serving between two and three years in prison without having committed an offence.

The effects of the Act on prison administration and on the treatment of persistent offenders is no mere tidying-up, and the chairman of the Prison Commission gives a most readable account of the

new aims of prison administration with particular emphasis on the management of repeated offenders. The relationship of the state of our own progress in this matter to that in other countries is admirably presented by Dr. Max Grünhut.

The Act is, in the main, presented as a logical and restrained measure which will provide a platform for further advances. The articles do not cover the whole subject nor do they present all views. The voice of the floggers and birchers, so loud in the popular Press, is not heard here. Although most of the contributors are in favour of an Act which makes justice more reformatory and less retributive, the approach is a realistic one, and Sir Norwood East's article on the medical aspects makes it clear that though provision is made for increasing use of psychiatrists the wrongdoer should have no more chance of escaping his deserts by the psychological route than he had before the Act.

In addition to the symposium two articles on theoretical aspects of criminal jurisprudence by Swiss and French authors serve to point the contrast between the looser framework of British law and the codes employed in other lands. The references to degrees of murder are of special interest at the present time.

ALEX KENNEDY.

London School of Economics. *The British Journal of Sociology*. Vol. I, No. 1. March 1950. Routledge and Kegan Paul Ltd.

MANY social scientists find it increasingly difficult to cope with the flood of periodicals and new books which they ought to read in order to keep up to date. They may therefore have welcomed with somewhat mixed feelings a new venture: *The British Journal of Sociology*. But reading this first issue they will be convinced that it meets a real need. The contributions are on a high level and generally of interest to both specialists and non-specialists.

In Britain, before the war, sociology was perhaps the most neglected of the social sciences and little attention was paid to the great advances in the field of social studies on the Continent and in the U.S.A. This indifference is well on the way to disappearing. The demand for suitable teachers in sociology exceeds the supply and their lectures are overcrowded. However, as the editors claim, "in the absence of an international medium of publication it is very difficult for individual workers to learn what is being done outside their countries." So far as Britain is concerned there has been a lack of vehicles even for the publication of outstanding work done here. The new journal is therefore perhaps no less needed in the domestic than in the international field.

To judge from the first issue and a list of future contributions this dual function is admirably performed by the new quarterly. Its editors are M. Ginsberg, D. V. Glass and T. H. Marshall; the

names of the latter two are familiar to the readers of the *EUGENICS REVIEW* as vice-presidents of the *Eugenics Society*. Two members of the *Society's* Council, D. Caradog Jones and H. J. Eysenck, are among the contributors to the present issue.

Dr. Eysenck's subject is "Social Attitude and Social Class." It is in the main a critical appraisal of R. Center's study *The Psychology of Social Classes*. This book attempts to verify for the U.S.A. two hypotheses about differences between economic status and social attitudes, and in particular about their causal relationships. Eysenck compares Center's methods and results with those of his own recent studies of middle-class attitudes in this country.

John Hall and D. Caradog Jones present a first report of work on a study of "Social Selection and Differentiation, undertaken at the London School of Economics and sponsored by the Nuffield Foundation. Its aim is to examine in a sample survey covering the whole of England and Wales the factors differentiating one class from the other and the extent of social mobility between them. The subject of the present paper is "Social Grading of Occupations." None of the existing classifications is very suitable for the objects of this survey, and despite the disadvantages of less comparability with previous work a different grading will be used. The paper gives an outline of the classification which has been adopted. The results of a small special survey indicate that the proposed classification is consistent with the views "of the man in the street."

The articles contributed by David Glass, Raymond Aron and Asa Briggs are papers which they have read on various occasions. Professor Glass, in his inaugural lecture, discusses "The Application of Social Research." He regards it as axiomatic that planning even more in the social than in

the economic field is here to stay. This involves the transfer to public authorities of an increasing area of responsibility. Successful planning requires that the results of social research should be taken into account in the formulation of policy as well as in the testing and the carrying out of policy. Professor Glass elaborates this view by describing the functions of social research in the field of town and country planning and of the social services. He concludes that improvements in three directions are necessary in order to give to public authorities the full benefit of social research, a closer co-operation between administrator and expert, a freer hand to the expert in designing the inquiries and determining what statistical data are relevant to the problem in hand and should be collected, and, lastly, a greater emphasis in the universities on the study of contemporary social institutions and social processes.

In his essay "Social Structure and the Ruling Class" Professor Aron tries "to combine in a synthesis the sociology which is based on Marxist ideas and that which derives from Pareto and, from this starting-point, to outline a few general ideas on the evolution of modern societies." In this first of two parts he supports his argument by an interesting analysis of the social structure of post-war France.

Asa Briggs discusses in "Social Structure and Politics in Birmingham and Lyons (1825-48)" similarities and differences in the development of the two cities. The author suggests that comparative studies of cities such as Birmingham and Lyons, or Lille and Leeds, may help us to understand the driving forces of early nineteenth-century history, and in particular the differences "between so-called English evolution and French revolution during this period."

JULIUS ISAAC.

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CHANGES IN THE DISTRIBUTION OF NITROGEN DURING STARVATION IN THE GRASSHOPPER, *CHORTOPHAGA VIRIDIFASCIATA* DE GEER. By DANIEL LUDWIG.

WATER AND SOLID CONTENT OF ENDOCRINE ORGANS OF RATS FOLLOWING PROLONGED INJECTIONS OF TESTOSTERONE PROPIONATE. By CLIFFORD A. ANGERER and JORGE GONZALEZ—Q.

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